

Cherry Creek Athletic Club  
Member Activities Calendar  
August 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Children's Swim Lessons begin (M-Th) 2 weeks Jackie C 303.339.5636	3	4	5	6	7 Aqua Social 11:30a Michelle S 303.339.5707
8	9	10	11	12 YAH Pilates <u>Reformer Class 10a</u> Pre-Post Natal Pilates Class 11a Laurie C 303.339.5648	13	14
15	16 Blood Screening 5:30 a.m.—1:00 p.m.	17 Nutrition Lecture 5:30 p Chris H 303.339.5685	18 Yoga for Kids 10-10:30a Allie W 303.339.5672	19	20	21 Joint Release Yoga Workshop 12:25-1:25p Ashley C. 303.339.5689
22 Intro to Spinning 10a Michelle S 303.339.5707	23	24	25 Intro to CCAC Run Club 11:30a / 6:45p Danielle M 303.339.5680	26	27	28
29	30	31 Intro to FITLogix 10:30a / 6p Conference Room Marnie 303.339.5691				